Toronto metro

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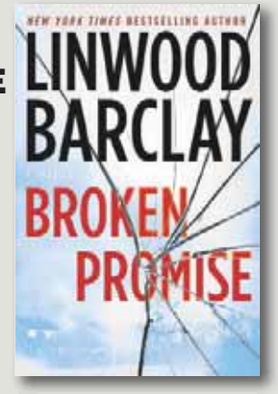

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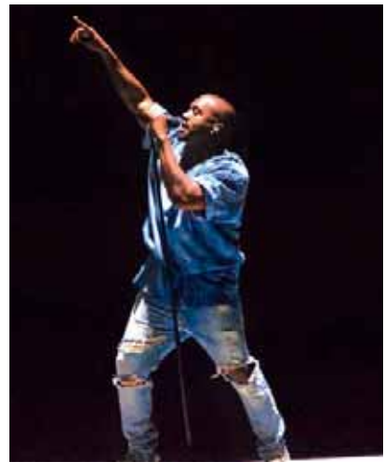
THE CANADIAN PRESS



I'MMA LET PAN AM FINISH Kanye West, above, and Pitbull perform at the closing ceremonies. THE CANADIAN PRESS

SIX PAGES OF PAN AM INSIDE

HIGHS AND LOWS OF THE GAMES
metroNEWS
PAGE 6, 7 & 8

WESTWOOD ON THE CBC'S COVERAGE
metroVIEWS
PAGE 14

CANADA BEATS ITS MEDAL GOAL
metroSPORTS
PAGE 18 & 19

metro NEWS

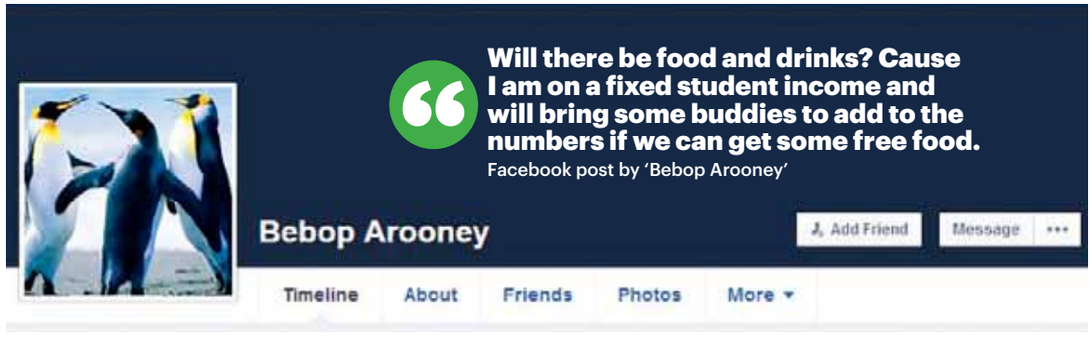
Your essential daily news

Insurance companies might pay for medical marijuana **Business**

RCMP used colony of penguins to follow users on social media

FACEBOOK

Mounties kept tabs on rights groups, public figures


Will there be food and drinks? Cause I am on a fixed student income and will bring some buddies to add to the numbers if we can get some free food.
Facebook post by 'Bebop Arooney'
Bebop Arooney
Add Friend
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Has a waddle of penguins ever "liked" your Facebook page? If so, your account may have been monitored by the RCMP.

Officers with the national police force used a Facebook profile to pose as a broke student so as to communicate with protest groups in Toronto, according to documents obtained under the Access to Information Act.

Through the Facebook page, RCMP agents prodded organizers with seemingly innocuous questions.

"Will there be food and drinks?" an officer wrote on the Facebook page for an anti-Novotel union rally in 2012. "'Cause I am on a fixed student income and will bring some buddies to add to the numbers if we can grab some free food."

In another instance, on the event page of a pro-Ukrainian demonstration, an agent asked organizers in January 2014, if they were planning on "walking anywhere."

The social media account, which went by the name of Bebop Arooney and had a profile picture of three penguins frolicking on a beach, tracked the Facebook pages of more than two dozen organizations in Toronto, ranging from Black Lives Matter Toronto and Idle No More to the Ukrainian Canadian Congress.

Members of Black Lives Matter Toronto. The group says its being monitored by the RCMP and being treated as a threat is an unfortunate reality. TORSTAR NEWS SERVICE

Six Jewish and Palestinian groups were also monitored.

WWE wrestler Mick Foley also attracted the Mounties' attention. A second RCMP social media account — @angrycitizen123 — followed Foley on Twitter.

The RCMP confirmed it created both profiles but said they were not used for surveillance purposes.

"The (Facebook) account mentioned was opened in 2005 for operational reasons, and since that time, the RCMP's social media practices have changed and evolved and now we used an official media account for such purposes," a spokesperson said. "The Facebook account is historical and no longer relevant."

The Facebook profile was deleted Thursday. The Twitter account is still online.

Among documents obtained by the Star was a screenshot that shows someone was logged into the social media account on April 13, 2015. At the time, the agency appeared to be monitoring a pro-Palestinian rally in Toronto.

"If there are no criminal investigations ongoing, then monitoring these groups is potentially problematic," said Cara Zwibel, director of the Canadian Liberties Association's Fundamental Freedoms Program. "Even though we think of social media as stuff that is out there in the public, the privacy commissioner's office made it clear that it doesn't cease to be personal information just because it is in that kind of forum."

The Facebook profile also appears to have contravened Facebook's own terms of use. A spokesperson for the social media giant said bogus accounts, even those created by law enforcement agencies, are subject to removal.

When reached last Wednesday by the Star, the targeted groups expressed frustration with the RCMP's social media snooping.

"This is the disgusting reality of working for justice for black people," Black Lives Matter Toronto, one of the groups monitored by the account, said in a statement. "You get treated as a threat, like you were doing something wrong. This will not deter us."

Lis Pimental, president of UNITE HERE Local 75, the union behind the rally against the Novotel hotel chain, condemned the RCMP for seeming to impersonate a protester.

"The idea that the RCMP would attempt to interfere with the charter-protected rights of workers simply underscores the importance of those very rights," she said. "It's unacceptable for any employer to do it. It is doubly unacceptable for the RCMP, who are supposed to be here to protect us, to do it."

TORSTAR NEWS SERVICE

A CUT ABOVE

A-Mazing superhero barber vanquishes wild haircuts

Gilbert Ngabo
Metro | Toronto

Matthew Genser has always been passionate about cutting people's hair.

He has also always hated the apparent lack of connection among people, especially here in the city.

"Everyone is so afraid to talk," the 29-year-old said.

Now he has decided to use his passion to break that silence. Once a week, the owner of the Matthew Genser Salon in Kensington Market closes his business, dresses up as a superhero and grabs a stool and a few haircutting tools.

He also drops his actual name and becomes Mazing, his adoptive superhero name. He strolls through the neighbourhood, asking whoever needs a haircut if they want to get one for free.

"In the beginning, some people felt a little offended because I was picking on them," he said, recalling the first time he walked into a bar and suggested cutting a woman's hair — he ended up cutting every person's hair at that bar on that first night three years ago.

With time, it becomes a little easier for people. Any time he sets up a stool and begins cutting a homeless man's hair, more people come up before the end of the task, asking for the same services, said Mazing.

Apart from turning him into some sort of an attraction — kids especially like his superhero attire — the exercise helps him connect with people and "put a smile on their faces," he said.

"In my three years of cutting people's hair on the street, I haven't met one unhappy person," he said. "Some people can be rude, too. Like the guy who once pulled down his pants and was like, 'Here's my pubes, come and cut it,'" he said. But it also helps him personally.

"Sometimes when I'm depressed I just put on my superhero dress and walk, and people see me and laugh and talk to me," he said. "It's fun. Now I look totally crazy and people treat me like the way I should be treated — like a regular person."

It may also be a way to attract new clients to his salon.

"If I make you happy, I'm probably going to see you again," he said. "It's like handpicking my clients. I think I have the best job in the world."

Mazing travels the city and offers free haircuts to Torontonians. LIZ BEDDALL/METRO

Meet Toronto's Knight in bullet-proof armour

MADE IN T.O.

Rare vehicle only costs the price of the average house

A black tank-like truck cruises downtown Toronto, prompting stunned pedestrians to whip out their smartphones to provide proof of what they've seen.

What they've seen is the Conquest Knight XV. It is a rare beast. There are only 17 in the world, sold to the likes of Middle Eastern royalty and a basketball star.

The vehicle starts at $629,000, but most go for several hundred thousand dollars more. It weighs twice as a much as a Hummer and it can stop a bullet from an AK-47.

And it's made in Toronto. By hand.

It takes about six months to build a Knight XV, and Conquest Vehicles actually machine their own parts out of stainless steel and aluminum.

The opulent armoured Knight XV (which stands for "extreme vehicle") is a magnet for attention everywhere it rolls. The Canadian Press saw proof on a recent ride through downtown Toronto.

One man, overcome with excitement, drives beside the truck screaming "that is the best f--king truck I've ever f--king seen!" as he pumps his fist out the window.

A Conquest Knight XV parks in downtown Toronto, Friday, drawing admiring - and surprised - stares from onlookers.
GALIT RODAN/THE CANADIAN PRESS

"I thought it was the new Batmobile," another onlooker, Sean Culham, says as the truck sits outside a posh downtown hotel.

That's the reaction William Maizlin was hoping for when he dreamed up the idea.

Maizlin, the company's former president, went to a friend (a silent partner, he says) with the idea of building a military-style truck for the consumer market back in 2006. They built the first one in King City, north of Toronto, and brought it to a car show in Las Vegas in 2008. That sparked interest, and Conquest Vehicles was born.

Today, the most blinged-out version costs about the same as the average price of a Toronto home.

"The interior is fully customizable," says Tim Chapman, the president of Conquest Vehicles, on a tour of the warehouse in north Toronto in late June.

There are four trucks in the warehouse at the moment, including a nearly completed redesigned model that is about a half-metre longer and 20 centimetres wider than the original.

> "I thought it was the new Batmobile."
> Sean Culham, impressed onlooker

The only one owned in Canada is the company demo truck — most are overseas.

"There is no market in Canada for armoured vehicles," Maizlin says on the phone. "And thank God, because Canada is a very safe country, but there are other hot zones in the world where there is a big need for security."

Despite all the truck's security features, Chapman and Maizlin both say its appeal to many of its drivers is the sheer audacity of its appearance.

Basketball star Dwight Howard bought one, as did the prince of the United Arab Emirates. They've even made a few non-armoured versions — called the Evade — for clients in countries that don't allow armoured cars.

Neither Chapman nor Maizlin will name other names because of confidentiality agreements, "which is ironic because they're buying it for the attention," Maizlin says.

Both said the clients are all of a similar ilk: rich, flashy and, in some cases, concerned with their own safety.

There is a television, and an iPad controls everything. One swipe and the electrostatic windows blacken.

Chapman says they have big plans for the future. The company hopes to ramp up production to 25 trucks a year by 2017.

THE CANADIAN PRESS

6,400 kg
Total weight of the Conquest Knight XV.

160 kg
The weight of just one of the vehicle's doors.

34 litres
How much fuel it needs to drive 100 km.

80 miles
Shoot out the tires and it will still run this far.

IN BRIEF

Police seek suspect after woman sexually assaulted

Toronto police are looking for a man after a 46-year-old woman was sexually assaulted in her St. James Town apartment.

The woman was walking in the Parliament Street and Wellesley Street East area sometime between 2 a.m. and 4 a.m. on July 15 when a man approached her and offered to help her walk home. The man allegedly followed the woman inside her apartment and sexually assaulted her.

He is described as being in his mid-30s standing five-feet-seven-inches tall with medium build, olive complexion and light goatee. He was wearing a green T-shirt with writing on the front, beige cargo shorts, white running shoes and a dark baseball cap with UFC in white letters on the front.

Police believe there may be more victims and are asking anyone with information to call them at 416-808-7474, or Crime Stoppers anonymously at 416-222-TIPS (8477).

TORSTAR NEWS SERVICE

Motorcyclist killed in Scarborough crash

A motorcyclist is dead following a collision with a car in Scarborough Saturday.

Police were called around 1:30 p.m. to a collision involving a vehicle and a motorcycle at Kingston and Ellesmere roads. Const. Clint Stibbe confirmed the motorcyclist was killed.

Kingston Road was closed in both directions between Meadowvale and Ellesmere roads during the police investigation.

TORSTAR NEWS SERVICE

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Centre to break bats' bad rap

WILDLIFE SHELTER

Campaign aims to dispel myths, show benefits

Luke Simcoe
Metro | Toronto

Bats may not have the best reputation, but the flying creatures are a vital part of our local ecosystem and the Toronto Wildlife Centre is out to prove it.

The not-for-profit animal shelter is in the midst of an Every Bat Counts campaign, which seeks to dispel myths about bats and promote awareness about the benefits they bring.

> **A world without bats is a world with rampant mosquitoes and no one to eat them.**
> Nathalie Karvonen

Another component of the campaign aims to make sure the population remains healthy. Thanks in part to a grant from the TD Friends of the Environment Foundation, the wildlife centre has admitted more than 50 bats to its shelter this year for rehabilitation.

Nathalie Karvonen, the centre's director, said bats are often brought into buildings or are disturbed during hibernation. Many are orphaned young.

Tall buildings — and humans — aside, Toronto's bats are under threat from what's known as white nose syndrome, a fungal infection that has decimated bat populations across North America. The disease is present in Ontario, Karvonen said, and it's only a matter of time before it's discovered in the city.

"It's even more of a reason to cherish and protect every bat that we can," she said.

An orphaned bat is cared for at the Toronto Wildlife Centre. The shelter's Every Bat Counts program aims to educate people about the benefits of bats. COURTESY TORONTO WILDLIFE CENTRE

Overall, Karvonen said, bats are a "misunderstood and often maligned animal."

Contrary to the image of bats as bloodsuckers or "vampires," Karvonen said it's rare for the animals to bite humans. And while bats are considered a "rabies vector" species, they seldom test positive for the disease.

Also, "they don't fly into your hair," Karvonen said.

That's one of many myths the centre hopes to quell.

MYTH VS. FACT

Myth: Bats are blind.
Fact: Bats use a type of radar called echolocation to find their way around, but they can still see.

Myth: Bats are rodents.
Fact: They fall under the order of mammals known as Chiropetra, which translates to "hand-wing."

Myth: Bats attack people.
Fact: They're actually afraid of people, seeing us predators.

Myth: Bats are dirty.
Fact: They're actually very conscientious groomers, on the same scale as cats.

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HUDSON'S BAY

Marco Mendicino, left, has his hand held high by Party Chair Tyler Banham after winning the Liberal nomination for the Toronto riding of Eglinton-Lawrence on Sunday. THE CANADIAN PRESS

Mendicino picked to oppose Oliver

EGLINTON-LAWRENCE

Liberal rookie will square off against veteran Conservative

Marco Mendicino has won the Liberal nomination for the Eglinton-Lawrence riding, beating Eve Adams, who crossed the floor from the Conservatives in a highly publicized move in February.

The suburban Toronto riding is currently held by federal Finance Minister Joe Oliver.

In his speech to the party faithful before the vote, Mendicino congratulated Eve Adams for having the "courage" to cross the floor, but took a swipe at her, saying he and his family are longtime residents in the riding.

Mendicino was opposed by Eve Adams. THE CANADIAN PRESS

"Our life is in this riding," he said as raucous cheers of "Marco, Marco" broke out from the audience.

While admitting he's not a "career politician," newcomer Mendicino promised to be a vocal presence in Ottawa, and slammed the Harper government for eight years of deficits, and an economy currently "on the verge of recession."

Adams, who spoke second, promised to move her family into the riding. She promoted her experience and winning record as a politician, including four successful campaigns.

She said Prime Minister Stephen Harper and Oliver are in "serious trouble" in the riding, and are showing that by circulating "nasty" material, and doing a lot of polling and focus groups in the area.

Like Mendicino she also took shots at the federal government's economic record, stating that while the economies of other countries such as the U.S. are "revving up" Canada's is heading into a recession.

Like Adams, Mendicino has said Oliver has a poor record when it comes to the economy. TORSTAR NEWS SERVICE

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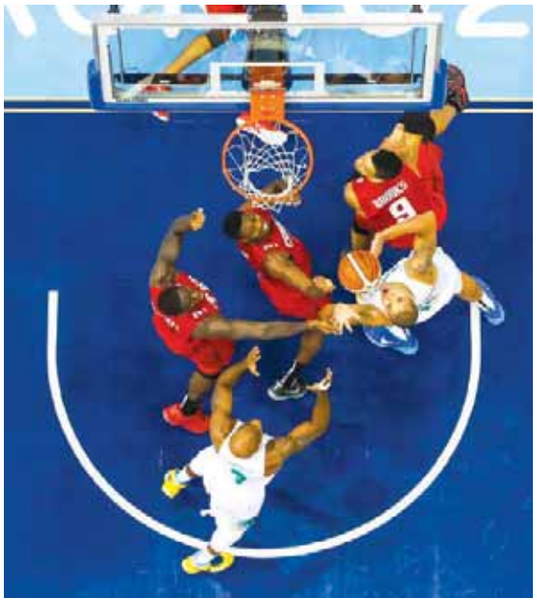
Competition captured

A major athletic undertaking invariably results in a plethora of remarkable imagery. Here's a look back at some of the most visually compelling images to have emerged from the Toronto 2015 Pan Am Games, as selected by Metro photographer Liz Beddall.



Clockwise from top left: 1. Brazil's Rafael Hettsheimeir, right, battles for a rebound with Canada's Melvin Ejim, centre, during their gold-medal basketball game on July 25. (Mark Blinch/The Canadian Press) **2. Brazil's Fernanda Rodrigues celebrates a point against the U.S. during a women's volleyball competition on July 20.** (Gregory Bull/The Associated Press) **3. Puerto Rico's Angel Perez consoles a teammate regarding an injury sustained while playing Cuba during their volleyball match on July 22.** (Gregory Bull/The Associated Press) **4. Carolina Chapoy of Mexico competes in jump at the women's overall gold-medal final on July 22.** (Nathan Denette/ The Canadian Press) **5. Athletes go over the water jump during the women's 3,000-metre steeplechase on July 24. (**Ezra Shaw/ Getty Images) **6. Athletes compete during the track cycling men's omnium points race on July 17.** (Mark Blinch/The Canadian Press) **7. Mexico's Karla Diaz performs during the rhythmic gymnastics clubs competition on July 20.** (Gregory Bull/The Associated Press)

Forget the Olympics, let's fake it

PAN AM COMMENT

Bid for 2024 Games isn't needed to improve city

Matt Elliott

The colourful piece of public art outside city hall that's become a hit during the Pan Am Games. GETTY IMAGES

The Pan Am Games are over. With an assist from Kanye West, last night's closing ceremony marked the end of a fun couple of weeks in Toronto that — sorry, haters — seemed to go pretty well.

So, obviously, because Toronto managed to pull off one multi-national sporting event, there's immediately talk about hosting another, bigger one. After five previous failed bids, local politicians are again thinking about landing the Olympics.

Mayor John Tory was asked about the idea repeatedly last week and wouldn't rule it out.

I wish he would.

It's not that I'm opposed to the idea of Toronto ever hosting. I like sports and I like infrastructure. I even like that silly feeling of patriotism that swells up after someone who happens to be from the same country as me runs really fast.

But I dread the idea of another should-we-host-the-Olympics debate. It has the potential to be messy and divisive.

I recently spent some time in Boston, where fierce battle lines have been drawn between those in support of the city's bid for the 2024 Games and those who want the whole thing scrapped. Toronto doesn't need that.

Without a clear mandate for a bid through a referendum, let's steer clear.

Besides, there's a clear alternative to hosting the Olympics. Instead of going out and spending lots of money in an attempt to land the real games, we could just pretend. Let's set a deadline and act like we're going to be the host city — even though we aren't.

Let's host the Fakelympics.

We'll start by quickly developing the city's port lands as an athletes' village for the fake athletes. Make it a vibrant neighbourhood with affordable housing.

Then, to help people get to the fake events, let's invest in a relief-line subway running from downtown up to Sheppard Avenue through the eastern part of the city.

And, of course, it would be embarrassing to bring in fake visitors for the Fakelympics if our parks aren't well maintained and the public fountains don't work. So let's work to improve our public realm. More public art like that colourful Toronto sign in Nathan Phillips Square would be pretty neat.

And let's make ongoing investments in cultural and recreational facilities across the city, to ensure a Fakelympic legacy.

Of course, the downside of the Fakelympics is that the real athletes of the world won't ever show up. But that's OK. Without them, we can avoid the extravagant and unnecessary expenses. No giant security fences needed.

And, in the end, Toronto will end up with the infrastructure and public services we need anyway — and a city we can be a little more proud of.

I like the sound of that. Fakelympic fever: catch it.

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TOURISM

Businesses nab own Pan Am gold

Gilbert Ngabo
Metro | Toronto

While the Pan Am Games are being hailed as a great success from the Canadian-medal-tally standpoint, local businesses have tasted victory in their own way.

The tournament has led to a spike in customer traffic for many, from street eateries to lakefront attractions.

"Honestly, it has been ridiculously overwhelming," said Meg Gibson, whose family bakery, Fred's Bread, set up shop at the Union Station pavilion on Front Street. "It's like sardines in a can. It's ridiculous."

Marian Mulroney set up a branch of her hot-dog business, First Love Real Love, in front of Nathan Phillips Square a few weeks before the Games started. The difference between then and now is "like day and night," she said.

> **It was like a desert before, and now it's like the taps have been turned on.**
> Marian Mulroney

Down at the waterfront, business owners attributed the boost to the summertime and the end of construction.

"We have seen a spike for sure ... but I want to see what happens after the Games," said Cveta Trajkova, manager at The Wine Shop on Queens Quay.

The line for boat taxis rarely dries up during the day; ship cruises are largely overbooked.

"Whether it's because of the Pan Am, I don't know," said Michael Brake, ticket seller at the Mariposa Cruises ship, "but it's been very, very busy."

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Dancers from Peru perform during the closing ceremony. Lima, Peru, will be the host city for the 2019 Pan Am Games.
JULIO CORTEZ/THE ASSOCIATED PRESS

Our 'victory celebration'

CLOSING CEREMONY

Toronto revels in music, dance and fireworks

After two weeks of glory, the Pan Am Games have come to an end.

Unlike the somewhat meandering opening ceremony, which was created by Quebec's Cirque du Soleil, the closing ceremony was efficient and did not indulge in abstractions.

The message was crystal clear: we did it.

"Tonight is more than a closing ceremony; it's a victory celebration. It's your victory celebration," said Toronto2015 CEO Saad Rafi.

A whirlwind dance tour of Toronto's many ethnic communities brought colour and music to the first half of the ceremony. There were also three live musical acts: Pitbull, Serena Ryder and the ever-controversial Kanye West.

TORSTAR NEWS SERVICE

Clockwise from left: fireworks go off from a model of the Toronto skyline (JULIO CORTEZ/THE ASSOCIATED PRESS)**; Serena Ryder sings the Games' anthem Together We Are One** (MARK BLINCH/THE CANADIAN PRESS)**; and women's basketball team member Kia Nurse bears the Canadian flag** (MARK BLINCH/THE CANADIAN PRESS)**.**

Experts concerned for Toronto trees

FORESTRY

Threat goes beyond the pesky emerald ash borer

Toronto's trees are under serious attack from an increasing number of invasive pests and various diseases, the city's urban forestry experts say.

The emerald ash borer is one of the most serious and well-known, threatening to kill about two per cent of the city's tree canopy in the next two years.

But other threats — like the Asian long-horned beetle, Dutch elm disease and the European gypsy moth — are just as real.

For those working to keep the city green, the challenge is fierce, said Jozef Ric, Toronto's supervisor of forest health care.

"It is a continuous effort, and you can never be 100 per cent sure that you've treated a disease," he said.

The European gypsy moth has been chipping away at oak trees for two decades — causing defoliation that, over time, can lead to a tree's death.

The Asian long-horned beetle has the potential to destroy 42 per cent of the city's tree canopy, Ric said. A program aimed at stopping the beetle's attack saw 20,000 trees removed in Toronto and Vaughan during 2003-04. But the beetle reappeared a few years ago in Toronto and Mississauga, Ric said.

Dutch elm, meanwhile, remains one of the most devastating tree afflictions in North America. First detected in Ontario about 50 years ago, it continues to run rampant among elm trees — which represent nearly 4 per cent of the city's urban forest.

A monitoring program has identified about 1,300 at-risk trees, Ric said.

Most of the city's fight to protect the tree canopy hinges on replacing at-risk species with new ones and continuously monitoring.

Treatments are applied when possible, Ric said. But, they're not always a sure bet.

"Tree protection and treatment is a really complicated issue," he said.

GILBERT NGABO/METRO

The Asian long-horned beetle TORSTAR NEWS SERVICE FILE

Cycling, old-timey style

The fourth annual Toronto Vintage Bicycle Show drew cycle enthusiasts in droves to Trinity Bellwoods Park on Sunday. Hundreds of antique bikes, as well as accessories and paraphernalia, were on display or for sale to the public. The event, organized by the Community Bicycle Network, also saw vintage-clad models from Cabaret Vintage Clothing posing for old-timey photographs and cold treats sold from the back of Sunshine Organic Juice Co.'s vintage cycle-cart. PHOTOS: LIZ BEDDALL/METRO

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LEGO THE FORCE IS STRONG WITH THIS ONE... Above: Lego Master Builder Paul Chrzan puts the finishing touches on an eight-feet-tall Yoda at Polo Park Shopping Centre in Winnipeg Sunday afternoon while a smaller Yoda statue watches on. Hundreds of kids, big and small, constructed "bricks" of Lego for Chrzan to use to put together the statue of the Jedi Master. Below: Chrzan holds up the smaller Yoda. ELISHA DACEY/METRO WINNIPEG

'Uncertainty' upsets Fahmy

EGYPT

Canadian waits on Cairo court for its decision

Mohamed Fahmy's long-running legal battle is about to hit its climax.

A Cairo court is expected to deliver a verdict Thursday for the Canadian journalist being tried on widely denounced terror charges and as the day approaches, Fahmy is hoping for the best but bracing for the worst.

"In order to survive I have to think positively," he told The Canadian Press. "But the uncertainty is just horrible."

Fahmy was the Cairo bureau chief for Qatar-based satellite news broadcaster Al Jazeera English when he and two colleagues were arrested in December 2013.

They were charged with a slew of offences, including supporting the Islamist Muslim Brotherhood, a banned organization affiliated with ousted Egyptian president Mohamed Morsi, and with fabricating footage to undermine the country's national security.

The trio maintained their innocence, saying they were just doing their jobs, but after a trial which was internationally decried as a sham, they were convicted and sentenced to prison terms. A successful appeal resulted in a retrial which is set to end this week.

Mohamed Fahmy. CP

Fahmy, granted bail in February after over a year in prison, is hoping for a verdict that won't send him back to prison, but notes his case is complicated.

"As much as we know we are completely innocent, we also know this trial is politicized and that factors other than evidence are going to be game changers," he said. " I am a pawn in Egypt and Qatar's rift."

Egypt and Qatar have had tense relations since 2013, when the Egyptian military ousted Morsi amid massive protests. Qatar is a strong backer of Morsi's Muslim Brotherhood and Cairo accuses the state-owned Al Jazeera of being a mouthpiece for Morsi's supporters — charges denied by the broadcaster.

Fahmy said there are a number of possible outcomes for him on Thursday — incarceration, a suspended sentence, a sentence that credits him for time already spent in prison, or a not-guilty finding, though he said "it would be naive" to expect one.

In his favour is the fact that a technical committee tasked with examining work by him and his colleagues found there had been no fabrication in their reporting. Fahmy also hopes his legal team convinced the judge he and his colleagues had nothing to do with the Muslim Brotherhood.

But evidence that Al Jazeera didn't have the necessary licences for its journalists in Egypt — which led Fahmy to launch a lawsuit against the broadcaster — is extremely worrisome, he said.

"I explained to the judge that we had no clue," Fahmy said. "I told the judge he should separate between the responsibilities of the journalists and the responsibilities of the network."

THE CANADIAN PRESS

FLORA MACDONALD

Trailblazing cabinet minister dead at 89

Flora MacDonald, who served as a senior cabinet member in two Progressive Conservative federal governments and made a run for the party's leadership in 1976, has died. She was 89.

MacDonald's long-time executive assistant Margit Herrman says MacDonald died in Ottawa Sunday morning. Cause of death was not immediately available.

MacDonald was the first woman to hold the foreign affairs portfolio, during Joe Clark's short-lived government in 1979 and early 1980. She was born in 1926 in Cape Breton, Nova Scotia.

She was first elected to the House of Commons in 1972, after successfully running as the Progressive Conservative candidate in the Ontario riding of Kingston and the Islands. She held the riding until her defeat in 1988.

MacDonald also held the posts of Minister of Employment and Immigration and later Minister of Communications in the Mulroney government.

THE CANADIAN PRESS

Flora MacDonald. CP FILE PHOTO

IN BRIEF

Officials hopeful in search for lost pilot

Search and rescue officials are still hopeful a helicopter missing near Baffin Island may be found.

"There is a lot of ice pans up North, so he may have been able to land there but didn't have the power to communicate back to us," said Derek Prescott, a search and rescue navigator. "So there is still a chance that we may find him."

The pilot of the missing helicopter, who Prescott said is a Russian citizen, was flying solo.

THE CANADIAN PRESS

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Obama builds hope for Kenya

HUMAN RIGHTS

President urges 'tough choices' to combat risk of corruption

U.S. President Barack Obama delivers a speech — in front of American and Kenyan flags — at the Safaricom Indoor Arena in the Kasarani area of Nairobi, Kenya, on Sunday. Obama will become the first sitting U.S. president to visit Kenya and Ethiopia. BEN CURTIS/THE ASSOCIATED PRESS

Declaring Kenya at a "crossroads" between promise and peril, President Barack Obama on Sunday pressed the nation of his father's birth to root out corruption, treat women and minorities as equal citizens and take responsibility for its future.

Closing his historic visit with an address to the Kenyan people, Obama traced the arc of the country's evolution from colonialism to independence, as well as his own family's history there. Today, Obama said, young Kenyans are no longer constrained by the limited options of his grandfather, a cook for the country's former British rulers, or his father, who left to seek an education in America.

"Because of Kenya's progress — because of your potential — you can build your future right here, right now," Obama told the crowd of 4,500 packed into a sports arena in the capital of Nairobi. But he bluntly warned that Kenya must make "tough choices" to bolster its fragile democracy and fast-growing economy.

> **Here in Kenya, it's time to change habits.**
> President Barack Obama

Obama spent considerable time warning about the risks of government corruption, calling it an "anchor" that could weigh down the country's promising future.

"Too often here in Kenya corruption is tolerated because that's how it's always been done," he said. "Here in Kenya, it's time to change habits."

Kenyan President Uhuru Kenyatta has taken steps to tackle corruption by suspending four Cabinet secretaries and 16 other senior officials amid an investigation into allegations of dishonesty. But the action has been met with skepticism by the public because in the past, suspensions of senior officials haven't resulted in anyone being convicted of a crime. Some officials even returned to their jobs before investigations were complete.

Obama urged an end to old tribal and ethnic divisions that are "doomed to tear our country apart" and spent significant time imploring Kenyans to respect the rights of women and girls, saying that marginalizing half of a country's population is "stupid." He also called for an end to forced marriages for girls who should otherwise be attending school.

"These traditions may date back centuries. They have no place in the 21st century," he said. THE ASSOCIATED PRESS

Bobbi Kristina Brown dies at 22

A representative for the Houston family has said Bobbi Kristina Brown, daughter of the late entertainer Whitney Houston and R&B singer Bobby Brown, has died, about seven months after she was found face-down and unresponsive in a bathtub.

She was 22 years old.

Kristen Foster said Sunday, "Bobbi Kristina Brown passed away July, 26 2015, surrounded by her family.

"She is finally at peace in the arms of God. We want to again thank everyone for their tremendous amount of love and support during these last few months."

Police said she was found Jan. 31 in the suburban Atlanta townhome she shared with Nick Gordon, the man she called her husband. A police report described it as a "drowning."

Bobbi Kristina was the only child between Houston and Brown.

THE ASSOCIATED PRESS

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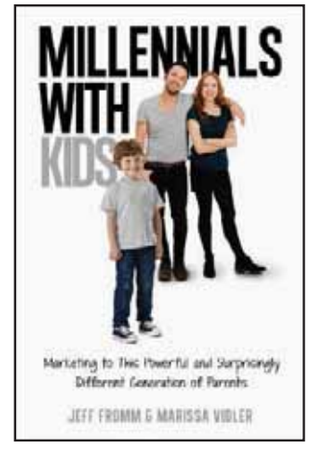
Talking Parents, Affluence, and What's Next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STAR METRO MEDIA

EAST JAVA

Undersea quake hits off Indonesia

A strong earthquake hit off of Indonesia's main island of Java on Sunday afternoon, causing residents to pour into the streets, but there were no immediate reports of injuries or damage, and no tsunami warning was issued.

The U.S. Geological Survey said the magnitude-6.0 undersea quake was centred 93 kilometres south of the East Java province town of Krajan Tambakrejo, at a depth of 59 kilometres.

Indonesia's Meteorology, Climatology and Geophysics Agency said on its website that the quake had no potential to trigger a tsunami.

Residents in parts of East Java felt the quake for up to six seconds, the National Disaster Mitigation Agency said in a statement.

Local media reports said the quake was felt strongly in the East Java city of Malang, about 150 kilometres north of the epicentre, where some residents poured into the streets.

It also was reportedly felt on the resort island of Bali, which is just east of Java. THE ASSOCIATED PRESS

BACKGROUND

The Pacific 'Ring of Fire'

Indonesia is prone to earthquakes due to its location in the Pacific. A massive earthquake off Sumatra island in 2004 triggered a tsunami that killed 230,000 people in a dozen countries, mostly in Indonesia's Aceh province. THE ASSOCIATED PRESS

PLANNED PARENTHOOD

Official denies profit from fetal organs

The president of Planned Parenthood said her organization's clinics never adjust the abortion procedure to better preserve fetal organs for medical research and that its charges cover only the cost of transmission to researchers.

Planned Parenthood has come under congressional scrutiny after the release of two stealthily recorded videos by anti-abortion activists that showed officials discussing how they provide aborted fetal organs for research. Abortion opponents say the videos show the organization is illegally harvesting and selling organs. Three congressional committees are making inquiries.

Planned Parenthood's president, Cecile Richards, said Sunday the group has done nothing illegal and is the target of a political smear campaign.

"I stand behind the health care that we provide at Planned Parenthood. Women trust Planned Parenthood," Richards said. "And I look forward to anyone who wants to look into our policies and procedures."

Richards appeared on ABC's This Week. It was her first Sunday talk show appearance since a group called the Center for Medical Progress released two videos secretly recorded in 2014 and 2015 by people posing as buyers of fetal tissue. The videos were part of longer discussions, and Richards said the longer videos showed doctors repeatedly saying that Planned Parenthood does not profit from the tissue donations. THE ASSOCIATED PRESS

Shiite rebels known as Houthis hold up their weapons as they chant slogans during a rally against recent Saudi-led airstrikes in Sanaa, Yemen. HANI MOHAMMED/THE ASSOCIATED PRESS

Saudi-led airstrikes halt after ceasefire

YEMEN

Five-day humanitarian truce in effect to deliver aid

Saudi-led coalition airstrikes came to a halt in Yemen early Monday after a five-day humanitarian truce went into effect, witnesses and security officials said.

However, ground fighting broke out almost immediately in the restive city of Taiz following random shelling by Shiite Houthi rebels in three neighbourhoods, they said.

Security officials said ground fighting has also erupted in Marib province and in the area surrounding the strategic al-Anad military base in Lahj province.

Fighting in the southern port city of Aden has quieted, residents said, with an occasional volley of gunfire heard in the area immediately after the ceasefire took effect.

The Saudi-led and U.S.-backed coalition of mainly Gulf Arab countries has been waging an air campaign since March against the Iran-supported rebels, who control most of northern Yemen and the capital, Sanaa.

The pause declared by the Saudi-led coalition began at 11:59 p.m. (4:59 p.m. EDT) Sunday. It is intended to help allow humanitarian aid to be delivered to ease the suffering of civilians in the Arab world's poorest country.

The coalition made the unexpected announcement about the humanitarian pause on Saturday. The statement, carried on Saudi state media, said the coalition will cease military operations, but that it will respond should Houthi rebels or their allies conduct any military actions or movements.

The rebels, known as Houthis, have expressed doubt over the truce. One Houthi official said it will likely mark "the beginning of a new war." Mohammed Ali Al-Houthi, the head of the Houthi's Revolutionary Council, said Sunday that the group had not received official notification of the truce from the United Nations.

UN Secretary-General Ban Ki-moon welcomed the coalition's announcement of the ceasefire and urged the Houthis and other parties to suspend military operations and "maintain the humanitarian pause for the sake of all the Yemeni people," Ban's spokesman said. Ban also urged all sides "to facilitate the delivery of humanitarian assistance to all parts of Yemen." THE ASSOCIATED PRESS

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Insurance coverage for pot on horizon: Experts

HEALTH

Sale of medical cannabis in gel caps could get docs on board

A variety of the cannabis oil is shown at the Cannabis Buyers Club, in Victoria, B.C. Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict. CHAD HIPOLITO/THE CANADIAN PRESS

Canadians who have been prescribed medical marijuana could one day see their insurance company footing the bill, experts predict, following the introduction of new Health Canada rules that allow for the sale of cannabis oils.

Health Canada announced revamped medical marijuana regulations earlier this month after the Supreme Court of Canada ruled that users of the drug should be permitted to consume it in other forms, such as oils and edibles, rather than having to smoke dried buds.

"You're going to see insurance companies slowly start to creep into the sector," says Khurram Malik, an analyst at Jacob Securities Inc., noting that the new regulations will allow medical marijuana producers to sell gel caps similar to those made from cod liver oil.

That will allow for more precise dosing, Malik says.

"When you're trying to smoke a plant, you have no idea how much you're consuming, so that makes doctors a little nervous," he said.

Experts say the changes are a major step towards legitimizing the drug in the eyes of doctors and insurers.

"When something doesn't look different than other medicines, it becomes much easier for people to get comfortable with the idea that this is, in fact, a possible treatment option for patients," says Bruce Linton, the chief executive of Smiths Falls, Ont.-based Tweed Marijuana Inc.

However, medical marijuana producers still have one major hurdle to overcome before insurers begin routinely funding the drug — cannabis currently doesn't have a drug identification number, known as a DIN.

"If it was issued a DIN by Health Canada, it's quite likely that the insurance companies would cover it," says Wendy Hope, a spokeswoman for the Canadian Life and Health Insurance Association Inc.

As it stands, most insurance companies don't routinely cover medical marijuana. But some insurers, including Manulife, say they will consider making an exception if the employer has specifically requested it for one of its employees.

> **When you're trying to smoke a plant, you have no idea how much you're consuming, so that makes doctors a little nervous.**
> Khurram Malik, analyst at Jacob Securities

"It's up to the employer to ask if they want to have it covered," says Hope.

Earlier this year, Sun Life agreed to pay for a University of Waterloo student's medical marijuana prescription through his student health plan after the student union went to bat for him. Jonathan Zaid, 22, uses the drug to combat a syndrome called new daily persistent headache.

Some health insurance companies may pay for medical marijuana through a health spending account, says Hope. But, she adds, "my understanding is it doesn't happen often."

Malik says the primary reason why medical marijuana doesn't have a DIN is a lack of rigorous, clinical research on its efficacy.

"The evidence is very circumstantial — not your typical 10-year, double-blind study that doctors and big pharmaceutical companies like to see," Malik said.

He suspects that's about to change. "You're going to see a lot of Canadian companies partnering up with universities overseas that are a little more progressive than the ones we have here, at least in this space, to drive this research forward and legitimize it in the eyes of doctors and get DIN numbers on these things," Malik said.

THE CANADIAN PRESS

IN BRIEF

Fiat Chrysler facing $105 million in fines

The U.S. government will hit Fiat Chrysler with a record $105 million US fine next week for violating laws in a series of vehicle safety recalls, a person briefed on the matter said. In addition, Fiat Chrysler will be required to buy back a group of recalled vehicles to get them off the roads. The company will make payments to owners of 1.56 million recalled older-model Jeeps with gas tanks behind the rear axle to bring them to dealers to install trailer hitches to help protect the tanks. The company maintains the Jeeps are as safe as comparable vehicles built at the time, and it will not buy them back. The fine beats the old record of $70 million US assessed against Honda Motor Co. for lapses in recalls of airbags made by Takata Corp. THE ASSOCIATED PRESS

Minister confirms Greek bailout talks delayed

Greece's labour minister Giorgos Katrougalos says the format of talks between the government and rescue lenders is still being worked out — confirming a delay in the negotiations for a third international bailout.

Bailout negotiators from the European Commission, European Central Bank and International Monetary Fund had been due to start arriving in Athens last Friday to start talks for the new rescue package worth an expected 85 billion euros ($93 billion US). But late Saturday, a government official said talks at a "technical level" were now set to start next Tuesday. THE ASSOCIATED PRESS

SMARTPHONES

Samsung keeps top spot as market grows

Samsung remained the top global smartphone vendor in the second quarter despite slowing sales, while Apple and Chinese manufacturers boosted market share, a quarterly survey by research firm IDC suggested. The survey showed the global market for smartphones grew 11.6 per cent from a year ago, the second highest quarterly total on record.

Samsung led the market with a 21.7 per cent market share, even though sales dipped from a year earlier. Apple, which briefly took the lead in the fourth quarter of 2014 with its new iPhones, saw its market share rise more than two points from a year earlier to 14.1 per cent, IDC said.

But some of the biggest gains came from Chinese manufacturers with their more affordable handsets. Huawei took the number three position with an 8.9 per cent share. Xiaomi was the fourth largest vendor with 5.3 per cent of the market. AFP

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metro VIEWS
Your essential daily news
Monday, July 27, 2015

POLL: THE PRICE OF PAN AM

Canadians broke records at the Pan Am games, and Toronto got new facilities and a head start on a potential future Olympics. But the cost — $2.4 billion, shared among the federal, provincial and municipal governments and host universities — has some people seething. We asked our readers if the investment, which works out to $68 per Canadian, was worth its weight in gold (medals).

Were the Pan Am Games worth the $2.4-billion+ price tag?
19% YES, BUT I WISH IT WERE LESS.
31% YES! NEXT STOP, OLYMPICS!
50% NO WAY. WASTE OF MONEY.

751 RESPONDENTS

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WHAT DO YOU THINK OF AN AMERICAN, KANYE WEST, HEADLINING THE CLOSING CEREMONIES?
66% IT'S AN INSULT TO NATIONAL PRIDE
4% I ♥ KANYE
30% I DON'T CARE

What do you wish the Pan Am money was spent on? (We asked readers to rank their choices from 1 to 9. This is the average).

1. Roads, bridges and infrastructure
2. Balancing the government's books
3. The Pan Am Games! I love them!
4. Health care
5. National childcare
6. Public schools
7. Green energy/environmental clean-up
8. Student loan forgiveness
9. Just cut us all a $68 cheque!

Why what we're not told about police can hurt us

Andray Domise

On Saturday, the body of Sandra Bland, a black woman and vocal critic of police brutality, was put to rest.

Bland was pulled over by Waller County, Texas, police officer Brian Encinia on July 10 for failure to indicate a lane change. She was processed into Waller County Sheriff's Office for assaulting a public servant and found dead in her jail cell three days later.

The means by which Bland died are still in question, but due to video footage of the encounter, the means by which she was detained are not. Officer Encinia escalated the encounter by insisting Bland — sitting in her own vehicle — put out her cigarette. When she refused, he proceeded to haul her out of the car, handcuff her and slam her to the ground. To paraphrase Bland's own words: For a failure to signal, he did all of this?

As atrocious as Bland's arrest and death were, at least the name of the officer who arrested her is public knowledge. At least the public knows whether he still has the power to bring the full force of the state down on the heads of others who fail to signal lane changes.

Encinia is on paid administrative leave while an internal investigation is conducted. Whatever the opinion on paying officers accused of abusing their authority, there is some small comfort in knowing he's cooling his heels off the street. In Canada, however, our police officers are held to a much lower standard.

Last week the Special Investigations Unit, Ontario's civilian police oversight agency, concluded its inquiry into the death of Jermaine Carby, a young black man who was shot by a Peel Regional Police officer during a traffic stop. The SIU concluded there was enough evidence to show Carby had produced a knife during the encounter, and that he'd approached officers after being ordered to drop the knife. During the SIU investigation, neither the name of the officer who shot Carby, nor that officer's status with Peel Regional Police, were released.

While Jermaine Carby's face, name, and criminal record were made fully available to the public, the name of the officer who killed him still has not been. Carby was tried in the court of public opinion, while the officer was vindicated by the provincial entity that has been damned by the Ontario ombudsman as "embarrassingly flimsy," and which failed to get police to fully comply with more than one-third of its investigations between 2008 and 2011. Currently, the SIU is investigating two high-profile cases in Toronto: The police killing of Andrew Loku (a black man of Sudanese origin), and of Kwasi Skene-Peters (also black, and a suspect in a recent double homicide).

We know the names and faces of the dead. Their histories are splashed across newspapers and TV screens. As for the officers who killed them, we know nothing. And unless we are to agree that encountering the police while black is punishable by death, this lack of transparency is appalling and unacceptable in a society that claims to be free.

Andray Domise is a writer, community activist, and co-host of the Canadaland Commons podcast.

ROSEMARY WESTWOOD

metroview

I would gladly pay more for a strong national broadcaster

The Pan Am Games weren't the popularity flop they once threatened to be.

But as a litmus test for the state of the CBC, they're troubling.

Ticket sales, once lagging, hit the one-million mark last week. About 46 per cent of Canadians have tuned in to the CBC or its partners to watch, organizers say.

But many viewers didn't like what they saw. Complaints poured in after the CBC didn't show key games — including Canada's gold-medal wins in baseball and basketball — on live TV, forcing spokesman Chuck Thompson to admit that the corporation's scarce resources played a role in the decision.

In other words, the broadcaster — which since 2012 has suffered a $115-million funding cut, the loss of lucrative NHL broadcasting rights, and the elimination of 657 jobs — decided it couldn't afford to do more with less. It sensed the potential for a flop and underinvested accordingly.

After losing the NHL, the CBC said it would focus only on amateur sports that let it break even. The Pan Am Games show what a limping CBC thinks it needs to do to make that happen.

It's ironic, then, that the Senate would suggest the CBC cover more amateur sports, in a report on the future of the broadcaster released last week. Nowhere, as the Globe's Kate Taylor notes, does the report explain how to pay for this.

Raising government funding certainly isn't on the list, even though amateur sports offer the perfect argument for a well-funded CBC, one willing and able to handle what profit-fixated private broadcasters won't touch.

Instead, the Senate report is the kind of map you'd hand to someone you hope will get lost. Given the conservative tint to the committee, perhaps that's the point.

The senators know we are watching a sinking mother corp.

That the CBC is underfunded is a matter of fact: It gets one-third the per-capita funding of the BBC, and the third-lowest among public broadcasters in Western democracies.

You could, as does the Senate, grasp at ways to make it a better, but still underfunded, public broadcaster.

But that's not the point, is it? Either you believe in the mission of a broadcaster beholden to Canadians, or you do not.

If you do, then pony up. I would gladly pay more than the paltry $29 a year we each contribute (I spend more on Q-tips).

If you don't, well then, just sit back and wait.

Because you can't have it both ways.

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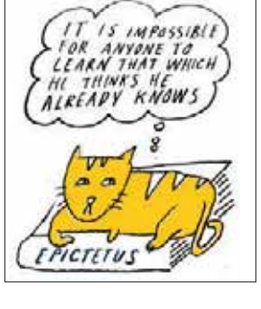


metro LIFE
Your essential daily news

Adam Sandler's Pixels coudn't overtake Ant-Man at the box office

Sentenced to stardom

INTERVIEW

Audiences love Litchfield's new inmate, and Hollywood is taking note

Australian actress Ruby Rose (right) stars alongside Taylor Schilling's Piper in Season 3 of OITNB. HANDOUT

North American audiences were introduced to Australian actress Ruby Rose on the third season of Netflix series Orange is the New Black, and she's quickly become a breakout star.

Rose plays Stella, an inmate at the women's prison who hits it off with Taylor Schilling's lead character, Piper.

In a recent interview, Rose said she's trailed by paparazzi, even at the airport. However, the attention she's gotten is welcomed because "my main goal is always acting."

"I had no opportunities before," she said with a laugh. "I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition. I couldn't do anything, and your hands are a little bit tied at that point. You have a visa that says it's for entertainment and you have no one that wants to represent you."

The 29-year-old is considering possible future projects, and says there's a possibility she'll return for the fourth season of Orange.

What was it like joining the cast?
I've never been in a situation like that where I've gotten to meet so many amazing women that are all so talented and independent and funny, and it's a very supernatural situation with that many talented people in one room at one time, all getting along. It's great. It was perfect.

You were a fan of the show first. How did it feel to meet these people?
The only one I went like, 'Oh, what's going on?' was with Laura Prepon. She had the prison outfit, the glasses, the brows and the hair. She was (her character) Alex walking down the corridor. I just went, 'Hi! You're really good-looking.' She's just so tall and statuesque.

Is there anyone you didn't have scenes with that you wish you did?
I did a lot of scenes with pretty much everyone. I think Laverne (Cox), maybe, I didn't get any scenes with (her), but we hung out a lot, and whenever she was there on the set, I would always go and sit in her room.

You also work as a DJ. How do you balance that with acting?
I get these weekend opportunities to travel to different parts of the world and DJ, so it's literally the perfect mix. I have a fantastic combination career. It's a hobby, but it's something I've done for the last 10 years and so it's always going to be part of me.

How did you start acting?
I actually went to school for acting when I finished high school, and about halfway through that first year I ended up booking MTV (in Australia) and so I proceeded to do television presenting, I had a clothing brand and created my own radio station.

I did all these crazy things and it was almost like they were all sidesteps to get me into the door with acting. ... I'm definitely where I want to be now and it feels amazing. THE ASSOCIATED PRESS

> **"I was finding it really hard to get in the door here. Really hard. I couldn't get an agent, I couldn't get a manager, I couldn't get an audition.**
> Ruby Rose, actress

MUSIC

Drake slams Meek Mill's claims

Hip-hop star Drake has hit back at charges he relies on ghostwriters for his songs, releasing a new track dissing his accuser which quickly went viral online.

Fellow rapper Meek Mill recently took to Twitter to accuse Drake of not writing his own songs and suggested that the Toronto-born artist retaliated by not promoting Mill's work.

Drake — whose latest mix tape topped the U.S. album chart and who recently headlined major festivals including Coachella — broke his silence late Saturday to respond in verse with a diss song entitled Charged Up.

The song soon hit No. 1 on Billboard's Trending 140 chart, which looks at social media impact in the United States.

"Wow, I'm honoured that you think this is staged," Drake raps over a minimalist beat.

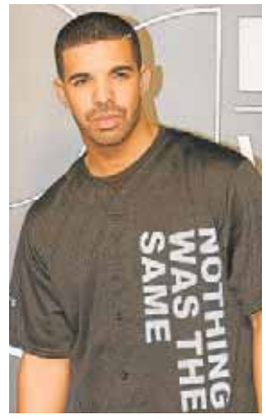
"I seen it all coming ... 'cause it ain't like I need the money I make off a feature," Drake said, presumably explaining why he did not promote Mill's album.

Referring to recent police killings of African Americans that have provoked outrage, Drake raps, "Cops are killing people with their arms up/ And your main focus is trying to harm us?"

Drake debuted the song on Apple Music, the tech giant's new streaming and radio service for which he has been a prominent spokesman.

Drake referred to his Apple collaboration in Charged Up as a way to tell Mill that he has been successful. Drake appeared to confirm in the song that the company paid him $20 million.

Mill, while not taking back his accusations, wrote on Twitter of the song: "I can tell he wrote that one, though." AFP



Drake hit back at Meek Mill with a new track. AFP

BACKGROUND

Quentin Miller shuts down ghostwriting claims
The man widely suspected to be Drake's alleged ghostwriter has spoken out and debunked the claims.

Quentin Miller issued a Tumblr post explaining his relationship with Drake and noted that his contributions to the rapper's recent record were always made clear in the song credits.

Philadelphia rapper Meek Mill initiated the conflict with a series of tweets arguing that Drake "don't write his own raps," including the Grammy winner's verse on Mill's recent song R.I.C.O.

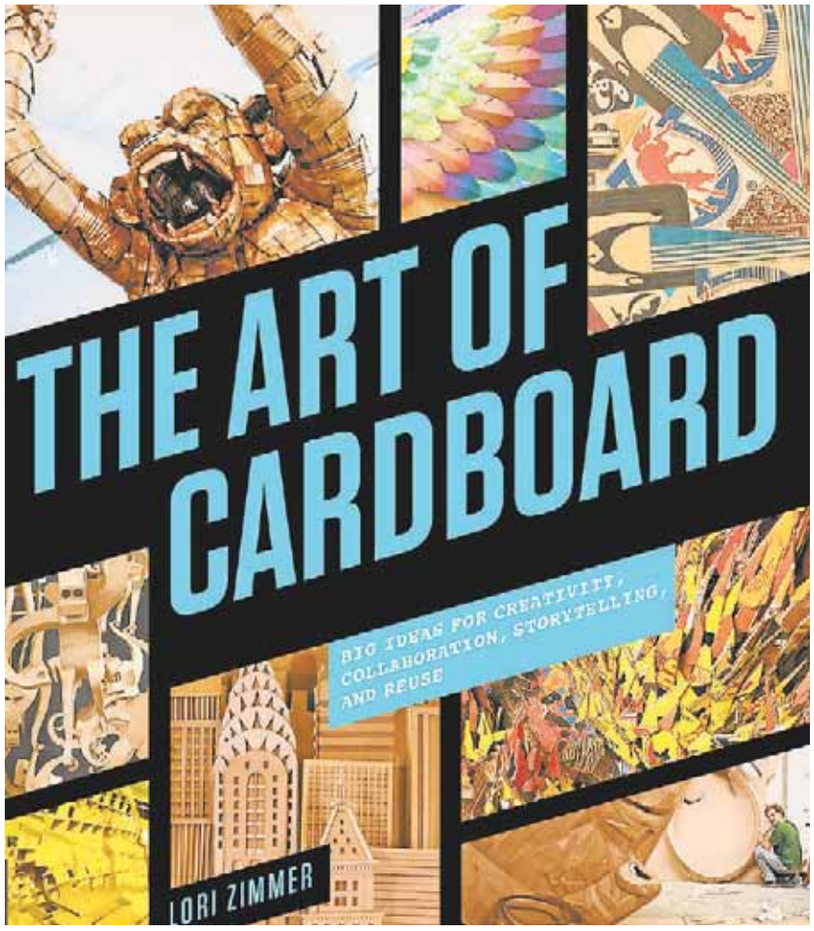
Miller has a songwriting credit on that song, along with five tunes from Drake's surprise If You're Reading This It's Too Late.

In his post, Miller writes that he was an aspiring rapper, muddling in obscurity and working at a bakery, when Drake called him and told him he was "destined for greatness."

When Miller began work on Drake's project, it was already mostly finished, he writes. THE CANADIAN PRESS

APP REVIEWS PICKS FOR THE WEEK

MIND THE APP
Kris Abel
@RealKrisAbel



EBOOK

The Art of Cardboard

• Kindle/iBooks/Kobo

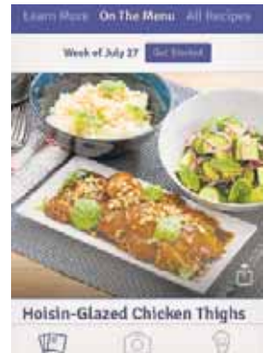
From creating childhood castles to using storage boxes for our memories, cardboard boxes have long been a trigger for our imagination. Filled with zoomable photos, this gorgeous ebook explores the astonishing sculptures of eco-artists who see the spirit of sustainability in playful packing cartons.

GAME

Prune

• iPhone/iPad
• Rated: Everyone 4+

At its heart, Prune is about caring for a tree. It's a relaxing game where you must trim branches away from danger and towards the sun. Beautiful in visuals and poignant through music, its originality and ability to create a moving experience place it among the year's best.

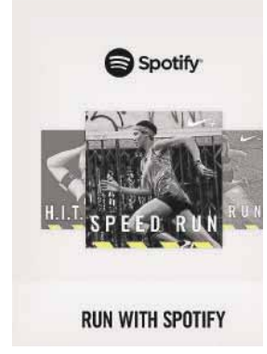


COOKING

Blue Apron

• iPhone
• Free

This weekly supply of seasonal, step-by-step recipes is richly presented with how-to videos, cooking tips, ingredient guides, and even a camera app with fun filters and effects. Although tied to a U.S.-only delivery service, the recipes are handy on their own.



FITNESS

Nike+ Running

•iPhone/Apple Watch/Android
• Free

A new music update to the popular fitness tracking app means you can now use Spotify to generate a 100-song playlist based on a target BPM (bests per minute) determined from your own recorded pace goals and musical tastes.

GOSSIP

Avengers romance

This could make things awkward at the table read for the next Avengers film.

Tom Hiddleston, who plays the mischievous villain Loki, and Elizabeth Olsen, who plays new team member the Scarlet Witch, are the subject of new rekindled dating rumours after sharing a cosy dinner in London late last week.

And why do we think there's some truth to the talk? Because of how miserable and uncomfortable they appear in paparazzi photos from their night out.

If that's not an "oh crap, you weren't supposed to see this" face, I don't know what is. The two are set to star as husband and wife in the Hank Williams biopic I Saw the Light, so who knows, maybe the whole thing is just research.

NED EHRBAR/METRO HOLLYWOOD

Elizabeth Olsen GETTY IMAGES

IN BRIEF

Schumer shuts it down

How do you make an interview with Amy Schumer go terribly, terribly wrong? Casually refer to her Trainwreck character as "skanky." At least that's what Australian radio show co-host Matt Tilley learned when he tried to float the adjective past Schumer, only to have the Comedy Central star make the rest of their time together incredibly awkward.

"So you have the word 'skanky' in America?" Tilley asked, to which Schumer gamely replied, "We do have that word. What made you think about your mom?"

NED EHRBAR/METRO HOLLYWOOD

Amy Schumer. GETTY IMAGES

Nintendo's Mario turns 30 next month. HANDOUT

VIDEO GAMES

Nintendo marks 30 years of Super Mario

This September, in order to properly celebrate the 30th anniversary of its cult platformer, Nintendo will release Super Mario Maker, a new video game made for the Wii.

The game will allow players to build and share new levels for the famous mustachioed plumber.

On Sept. 11, two days before the anniversary of the release of Super Mario Bros., Nintendo will release Super Mario Maker, the latest in a long line of video games starring Mario and his brother Luigi.

Just like Little Big Planet, available on Sony consoles, this game will give players the chance to create their own levels to play and to share them with gamers around the world.

Beyond just creating their own levels, with the help of the Gamepad touchscreen, gamers will also travel back through time to previous Mario worlds.

Four previous games have been selected to serve as a creative base: the very first Super Mario Bros., Super Mario Bros. 3 (1988), Super Mario World (1990) and New Super Mario Bros. U (2012).

Super Mario Maker will be a tribute to Mario, one of the most widely recognized video game characters ever and one who has contributed significantly to Nintendo's, and video games in general, success around the world.

First released for NES on Sept. 13, 1985, Super Mario Bros. had a mustached plumber as its hero.

Having already played his part in the Donkey Kong games, in his own game, Mario is tasked with racing through the Mushroom Kingdom, surviving the main antagonist Bowser's forces, and saving Princess Toadstool.

The game's success should be a no-brainer considering the fact that until 2008 it was the most popular video game in history with over 40 million copies sold around the world.

In fact, at a time when the gaming industry was hitting a wall, along came Mario to breathe life back into the business and make Nintendo the industry leader.

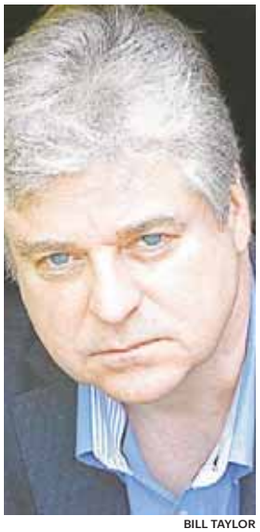
In 30 years, the company hasn't missed an opportunity to release multiple sequels and spinoffs of its Mario franchise, constantly upgrading the games with the release of each new gaming system.

This tidal wave of games translates to over 195 million titles sold since its creation, confirming the Mario franchise as the most popular video game in history.

So there is nothing surprising in Nintendo wanting to commemorate the 30th anniversary with a new game.

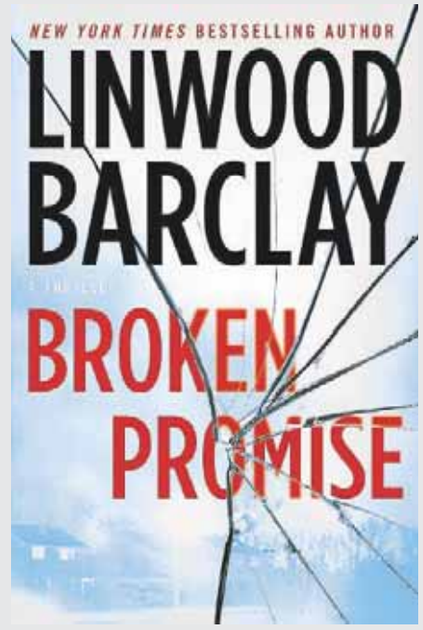
AFP

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY



BILL TAYLOR

As I rapped on it with my fist, I noticed a smudge on the door frame. It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.



PART 1 OF 4

Something dark has infected Promise Falls

Bestselling thriller author Linwood Barclay returns this week with Broken Promise (Doubleday, July 28, $22.95) the first book in an explosive new trilogy.

As the novel begins, David Harwood uproots his life and young son after the death of his wife and the demise of his newspaper, and moves back into his childhood home in Promise Falls, N.Y., where he comes across an epic family secret.

In tomorrow's excerpt: Other strange things are happening in Promise Falls.

Excerpted from Broken Promise by Linwood Barclay. Copyright © 2015 Linwood Barclay. Published by Doubleday Canada, a division of Penguin Random House Canada Limited, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.

"David," my mom said, "I wanted to ask what you might have on for this morning."

"Why? What's up?"

"I mean, if you have some job interviews lined up, I don't want to interfere, but I have some things to drop off for Marla." Marla Pickens. My cousin. "I made up a chili, and I had so much left over, I froze some of it. And I picked her up a few other things. Some Stouffer's frozen dinners. I don't think that girl is eating. Ever since this business with the baby, she just hasn't been right."

Dad, not taking his eyes off the screen, said, "It's been ten months, Arlene. She's gotta move on. She's gone a bit crackers, if you ask me."

When I got to Marla's, I grabbed the bags of food and mounted the three steps to the door. As I rapped on it with my fist, I noticed a smudge on the door frame.

It looked like smeared blood. As if someone had swatted the world's biggest mosquito there.

When Marla didn't answer the door after ten seconds, I knocked again. Five seconds after that, I let myself in. "Marla? It's cousin David!" Down the hall, I heard a kind of . . . mewing? A gurgling sound?

A baby?

"Marla?" I set the bags down on the floor and went down the hall, pushed open a door.

I had heard a baby. Nine months old, I guessed, and sucking contentedly on a rubber nipple, its tiny fingers attempting to grip the plastic feeding bottle. Marla held the bottle in one hand, cradling the infant in her other arm.

She studied my face and whispered, "I heard you call out, but Matthew's nearly asleep."

"Matthew?"

Marla smiled, nodded. "Isn't he beautiful?"

Slowly, I said, "Yes. He is." A pause, then: "Who's Matthew, Marla? I mean, who does Matthew belong to? Are you babysitting for someone?"

Marla blinked. "Matthew belongs to me, David. An angel brought him to me."

"Marla, what happened last year to you . . . and your baby . . . was a tragedy. We all felt so terrible for you."

Ten months ago. Marla had been devastated.

"Marla, tell me whose baby this really is, and why there's blood on your front door."

TAKING KIDS TO RESTAURANTS

Manners to dine for

What went down at Marcy's Diner in Portland, Maine, between the vacationing parents of an antsy toddler and the annoyed, profanity-prone restaurant owner is a case of she said-she said.

The pancakes took a long time. It was raining. An invitation to leave was extended, albeit not terribly politely. Words were exchanged both in the moment and later more vehemently on Facebook.

There was the inevitable social media storm after word of the July 18 showdown surfaced, including more than 6,000 comments on The Washington Post's website after Tara Carson, mom of the 21-month-old, put out her side of the story Wednesday.

So where does restaurant etiquette stand when children act up, even in a seemingly family friendly environment such as Marcy's? We break it down with a trio of experts:

Is it worth dining out with tots?

"In general, parents definitely *should* be bringing their kids to family-friendly restaurants to get them used to the experience of dining out. But you do have a responsibility to the people around you. If your child is crying and screaming at length, it's probably time to pay the bill and go," said the Emily Post Institute's Lizzie Post, co-host of the Awesome Etiquette podcast on American Public Media.

Elena Brouwer, based in Hollywood, Fla., an etiquette consultant for upscale restaurants and fancy hotels, said very young children shouldn't be anywhere near pricey places, especially at night.

April Masini, a New York relationship and etiquette expert who writes a column called Ask April, said parents should consider limiting restaurant forays with small children to fast-food restaurants. "The operative word is fast," she said.

Did the Carsons forget the Cheerios?

"Where was the colouring book? And everybody criticizes it, but where was the iPhone? When you recognize that your child is in that kind of a moment ... then it is time to leave the restaurant," said Post. (Carson did not respond to messages for comment.)

Before things get out of a control, it would also serve everybody to comp the meal of the frazzled parents to hurry them out the door, Brouwer said.

"Children who cry in public places, at length (more than five minutes), need to be taken outside by a responsible and understanding parent," Masini said. THE ASSOCIATED PRESS

Marcy's Diner in Portand, Maine, was the scene of a dustup over a cranky toddler. ROBERT F. BUKATY/THE ASSOCIATED PRESS

BORROWERS BEWARE

Watch out for one HELOC of a way to home equity havoc

What the heck is a HELOC?

The term HELOC refers to turning your house into a giant credit card with extremely low interest rates. If you think that sounds like a good deal, you're not alone.

HELOC is the acronym for a Home Equity Line of Credit. Many lenders will allow you to borrow money against the worth of your house at a much lower interest rate than on your credit cards or if you were using a line of credit that wasn't "backed" by anything.

The idea is that banks and credit unions can safely assume lending you money is relatively low risk because you can always sell your house to pay your debts.

Home equity is basically the difference between what your house is worth and how much (if anything) you still owe on your mortgage.

For example, if I purchased a home for $300,000, paid a $60,000 down payment, and then faithfully made my monthly payments for 10 years, I might have whittled my mortgage down to $165,000 or so. If my house was in an ice-cold housing market and hadn't risen in value at all during those 10 years, I would now have roughly $135,000 in home equity.

If I lived in a major Canadian urban centre over the past 10 years, my home is now probably worth at least 25 per cent more than I paid for it though; therefore, I'd have more like $235,000 in home equity.

Therein lies the HELOC trap.

As a Canadian millennial, I could be excused for thinking that the value of houses only goes up — and that it always does so quite drastically. If you follow that line of reasoning to its logical conclusion, there should be no harm in borrowing against the growing equity in your home, because as long as the value of the house goes up faster than you borrow against it, things will be fine.

Of course if interest rates suddenly rise, home values fall, and many other bad things happen — you could be caught financially skinny dipping when the tide goes out.

According to the Canadian Association of Accredited Mortgage Professionals (CAAMP), 27 per cent of people with mortgages in Canada in 2014 had a HELOC. Of those that had one, 90 per cent had an outstanding balance and the average amount outstanding was $57,000.

HELOCs can be great financial tools if understood and used properly.

If they are simply seen as the quickest way to marble countertops, a new boat, or that luxury vacation you've always wanted ...

Well, just remember, the tide always goes out eventually.

Kyle Prevost is a personal finance writer helping people save and invest at YoungandThrifty.ca.

HELOC DEFINED

Behind the acronym

- HELOC stands for Home Equity Line of Credit.
- HELOCs allow you to borrow money at very low interest rates.
- The temptation to use HELOCs to live above your means can get you in trouble in a hurry!

metro SPORTS

Canada's men's basketball team's thrilling run ended with a 86-71 loss to Brazil in Saturday's gold-medal game

Mission accomplished

PAN AM 2015

Canada achieves goal of finishing 2nd in Games

From Day 1 of the Pan American Games, Curt Harnett says he knew Canadian athletes "were in it to win it."

By the final day, Canada's chef de mission and his team of 717 strong were basking in the most successful Pan Am performance in Canadian history.

"One podium performance quickly followed another, en route to our Top 2 place in the medals table," Harnett said Sunday at the Canadian team's closing news conference. "Like a parent, I could not be more proud, with each and every athlete on Team Canada. You delivered."

Canada set an ambitious goal of finishing second in the medal standings, and brought the team to do it. From swimmer Ryan Cochrane, to decathlete Damian Warner, to kayaker Adam van Koeverden, Canada fielded not only its largest ever team, but arguably strongest, for Toronto. It was a who's-who of athletes who will shine on sport's biggest stage at next summer's Rio Olympics.

Canada's women's kayak team of Michelle Russell, Emilie Fournel, KC Fraser and Hannah Vaughan kicked off the record run with gold in the K-4 500 on the morning of Day 1, in the first event of the Games.

And by the time the women's baseball team capped Canada's run to the podium with a silver medal, the host nation had amassed 217 medals, 78 gold, 69 silver, and 70 bronze.

> **We know that the road to Rio for many of these athletes will bring great things.**
> Curt Harnett

The mighty Americans will take home 265 — 103 gold, 81 silver and 81 bronze. Brazil finished a distant third with 141 medals.

Not everyone brought their top athletes to Toronto. The Americans fielded squads of mainly B-team athletes. Jamaica was missing its best sprinters, like superstar Usain Bolt.

Canada, meanwhile, topped its previous best of 197 medals when Winnipeg hosted the Games in 1999. Canada passed that mark with two days to go.

Along the way, Canadian stars were born, such as Kia Nurse, the 19-year-old who led Canada's women's basketball team to its first ever gold medal. Nurse was chosen to carry Canada's flag in to the closing ceremonies.

There was sprint phenom Andre De Grasse, won both the 100 and 200 metres, shattering his own Canadian record in the 200. The 20-year-old would have captured a third gold had the 4x100-metre relay not been disqualified for a lane violation.

Ellie Black leapt and tumbled to five medals in artistic gymnastics, as Canada's most decorated athlete at the Games. Whitney McClintock in water-skiing, Jasmin Glaesser in cycling, and swimmer Santo Condorelli each won four medals apiece.

Canada's men's softball team kept a firm grasp on gold, winning No. 8 in a row. No other country has ever won the tournament.

"At this Pan Am Games, top 2, I told you it was an ambitious objective, the way we like them. We like ambitious," said Canadian Olympic Committee president Marcel Aubut. "I told you also that I had incredible faith in this great, great Canadian team." THE CANADIAN PRESS

QUALIFIED

Canadian teams clinched berths in seven sports for next summer's Olympics in Rio de Janeiro, Brazil — women's three-metre springboard diving; duet synchronized swimming; the women's K1 in canoe/kayak slalom; equestrian team jumping; women's modern pentathlon; women's 10-metre air pistol and trap in shooting; and men's field hockey.

Canada's 78th gold medal of the Pan Am Games was won in women's softball on Sunday in Ajax. FRED THORNHILL/THE CANADIAN PRESS

FINAL PAN AM MEDAL COUNTER — 217 MEDALS WON BY CANADA — 78 — 69 — 70

FINAL-DAY PODIUM FINISHES

Canadian women snag softball gold medal

Canada's women's softball team beat the United States 4-2 in eight innings, giving the host nation a gold-medal sweep at the Pan American Games.

Canada opened up a scoreless game with four runs in the top of the eighth.

Joey Lye's single scored a pair of runs and was followed by Jennifer Salling's sacrifice fly and Erika Polidori's RBI single.

The loss was the first of the tournament for the U.S., which had cruised through the tournament with a perfect 5-0 record, including two wins over Canada.

The Canadian men won gold earlier at the Games with a 2-1 win over Venezuela.

Larissa Franklin of the Canadian softball team
HARRY HOW/GETTY IMAGES

Canucks topped by U.S. in women's baseball final

Anna Kimbrell hit a bases-clearing double in the fifth inning to open up a close game and lead the United States to an 11-3 victory over Canada in the women's baseball final.

Kimbrell's double off Canadian reliever Jessica Berube came with two outs in the frame and restored a five-run lead for the U.S., one inning after Canada had clawed back to score three.

Nicole Luchanski of the Canadian women's baseball team
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Jenna Flannigan, Kelsey Lalor and Amanda Asay had RBIs for Canada.

Schmitt powers Canada to volleyball bronze medal

Canada won the men's volleyball bronze medal with a 3-1 victory over Puerto Rico.

Captain Gavin Schmitt of Saskatoon led the Canadians with 25 points, converting 19 of 27 spike attempts and scoring four points with his booming serve.

REPORT CARDS

So how did we do?

A look at how some athletes graded the Pan Am Games

Sage Watson, Canada, (400 metre hurdles, 4x400-metre relay)
It was the 21-year-old's first stay in an athletes' village, and she gives Toronto top marks.
"At night it's gorgeous," Watson, who hails from Medicine Hat, Alta., said of the view from the village. "Where we are, so close to downtown, that's what makes it an A."
Food: B+; **Accommodation:** A; **Venue:** A; **Crowd:** A; **Transportation:** A+; **Overall:** A

Robert Butler, Bahamas, Chef de Mission (Taekwondo)
Butler liked the food, but by his 22nd day in town the same pizza, pasta and meat options became monotonous, he said.
All the venues he saw — including track cycling, taekwondo, boxing, swimming — were "outstanding."
Food: C; **Accommodation:** B; **Venue:** A; **Crowd:** B+; **Transportation:** A; **Overall:** B+

Jacquelin Factos, Ecuador, karate
Found the beds a touch on the soft side. But everything else blew Factos away. In all, her time in Toronto was "amazing," she said. "I think the Canadians are really good people."
Food: A; **Accommodation:** B; **Venue:** A+; **Transportation:** A+; **Crowd:** n/a; **Overall:** A+

Alexander Massialas, United States, fencing
Friendly bus drivers doling out travel tips, and bigger beds than the London Olympic Village made his time at the Pan Am great. But it was the crowds that really impressed.
"Even though there weren't any Canadians in the men's final in our event, everyone still stayed and was cheering."
Food: B+; **Accommodation:** A-; **Venue:** A; **Transportation:** A; **Crowd:** A; **Overall:** A

Lucia Perez, Argentina, boxing
The travel time was a slight drawback for Perez. In the end, it was the crowds that made her Pan Am Games great. "If it was a good fight they will cheer and say hello when you go out," Perez said, speaking through a translator.
Food: A; **Accommodation**: B; **Venue:** A+; **Transportation:** A; **Crowd:** A+; **Overall:** A+

TORSTAR NEWS SERVICE

Markham's Andre De Grasse won a gold medal in the men's 100- and 200-metres races at the Pan Am Games, creating high hopes for what he could achieve next summer at the Olympics in Rio de Janeiro. EZRA SHAW/GETTY IMAGES

Andre De Grasse: Catch him if you can

PAN AM 2015

Spotlight on Canadian sprinter for worlds, Olympics

The Pan Am Games have been filled with stories of athletic excellence and serve as an introduction to some of Canada's top performers for casual fans.

The sense of anticipation is palpable when Canada's newest sprint sensation settles into the blocks and a wondrous sojourn through the Pan Am Games made Andre De Grasse one of its brightest stars.

Over a period of three days, the 20-year-old from Markham cemented himself as someone Canadians need to pay close attention to in the coming years.

Starting with the world championships in Beijing next month and in the months leading up the 2016 Rio Olympics, the 20-year-old will be challenging the greats in his sport.

De Grasse looked a bit weary getting through the 100 metres and the heats and semifinal of the 200 metres but, as the greats do, he popped a big one when it counted most, setting a Canadian record of 19.88 in the final, the first time any Canadian has ever gone under 20 seconds.

> **"He can do things naturally that I don't have to coach.**
> Coach Caryl Smith Gilbert

It's made him something of a household name. And people know how to pronounce it.

"It's really good to know people know my name and I'm making an impact on them in the track-and-field world," he said after the 200-metre win.

The lone blip on De Grasse's Games was the Canadian sprint relay team being disqualified after seemingly winning the gold medal on Saturday night. It was a bitter disappointment and kept De Grasse from joining gymnast Ellie Black and cyclist Monique Sullivan as Canada's triple gold medallists.

De Grasse, who burst onto the scene by winning the 100 and 200 double at the NCAA championships earlier this season, is trying to put Canada back on the global sprint scene. No Canadian has made it to the final of an Olympics or world championship since Bruny Surin in 1999.

TORSTAR NEWS SERVICE

CLOSING CEREMONY

Face of Canadian B-ball named flag bearer

She propelled her team to the top of the podium and on Sunday Canadian women's basketball golden girl Kia Nurse was honoured with more than just a gold medal, carrying Canada's flag at the Pan Am Games closing ceremony.

"It's such an honour ... I wish my whole team could be here and carry it with me, all of us, but I'm so thankful for the opportunity," Nurse said after she was officially announced as Canada's flag bearer Sunday afternoon.

The 19-year-old guard led her teammates to a historic gold medal, the first ever for the country at the Pan Am Games, earlier in the week, beating the United States 81-73.

Nurse scored 33 points in that game, a large chunk of her team-high 68 points in the tournament overall. She also led the team in minutes played, with 168.

But despite a performance that cemented her reputation as the future face of Canadian women's basketball, the native of Hamilton said she was shocked to receive a phone call asking her to carry the flag for Canada Sunday.

Canada's chef de mission Curt Harnett was not as shocked. In the former Olympian's mind, Nurse epitomizes the dedication, hard work and grit shared by all 715 Canadian athletes that competed for Canada over the past 16 days.

"Kia represents everything that is great about this team and I know she will lead us with pride as flag bearer at the closing," he said.

But Nurse, who said life has been a whirlwind since winning the gold, doesn't take all the credit. She was full of praise for the Canadians who supported her and her teammates throughout their five-game run. The fans, she said, were the team's sixth man.

"We don't even get to play meaningful games at home and for this to be our first one, it set the standard extremely high. Canada really stepped up to the plate."

TORSTAR NEWS SERVICE

Kia Nurse THE CANADIAN PRESS

G'Day mate: Aussie wins Canadian Open title

GOLF

Hearn fails to end Canucks' drought of 61 years

Australia's Jason Day celebrates after putting for birdie on the 18th green to clinch victory on Sunday at the RBC Canadian Open at Glen Abbey Golf Club in Oakville. CLIFF HAWKINS/GETTY IMAGES

Jason Day birdied his final three holes to overtake Canada's David Hearn and win the RBC Canadian Open.

Day shot a 4-under 68 Sunday to get to 17 under for the tournament. A birdie on the 18th hole sealed the victory.

"This must feel like what Tiger did for so many times, and it feels good," Day said. "I'm going to try to do as much as I can and keep it the same and try and win."

Bubba Watson was second at 16 under, while Hearn was third at 15 under.

"I gave it my all, I didn't quite have my best game," Hearn said.

Hearn was looking to be the first Canadian to win the event since Pat Fletcher in 1954.

"He was playing so good, he started off hot," Watson said of Hearn. "He putts unbelievable. There was so many putts that he hit that should've fell in. I don't know how they stayed out.

"For him and Canada that would've been a great story. That would've been his first win. How amazing would that have been?"

The Brantford native went into Sunday with a two-shot lead over Watson, the world's third-ranked player, and Day, ranked ninth. Hearn's entrance to the first tee drew a roar from the crowd.

"It was a pretty special day with all of the fans and the support that I had from beginning to finish," Hearn said.

Despite missing with his tee shots, Hearn birdied the first two holes to go up by three. Bogeys on holes 3 and 7 put Hearn into some predictable trouble, given how well Watson and Day had been playing on the back nine.

Hearn missed birdie putts on 8 and 9 by centimetres, drawing loud "Aws" from the Canadian crowd.

Day was consistent on the back nine and turned his game up with birdies on 16, 17 and 18. Watson went on a roll to catch up as Hearn faltered.

Lamenting Day's incredible finish and long birdie putt on 18, Watson pointed out that caddie Ted Scott worked for Grant Waite when he lost to Tiger Woods at the 2000 Canadian Open on arguably the best shot of the legendary golfer's career.

"They finished second to a great play, and I finished second to a great play," Watson said.

Hearn holed an 18-foot birdie putt on No. 13, but birdie misses on 14 and 16 ultimately kept him from tying Day. His shot into the bunker on 18 was the end.

As he left his news conference, Hearn said next year will be the 62nd for questions about Fletcher. Fourth-place finisher Jim Furyk doesn't expect the drought to last forever.

THE CANADIAN PRESS

> **I'm proud of the way I played and I'm really proud to be Canadian today. It was a pretty special day ... from start to finish.**
> David Hearn

David Hearn GETTY IMAGES

Chris Froome celebrates with Richie Porte GETTY IMAGES

CYCLING

Froome cycles to 2nd TDF victory

Tour de France winner Chris Froome and his teammates pedaled slowly over the finish line, soaking up the applause Sunday on the Champs-Elysées.

Three weeks of furious racing, of beating back both a tenacious Colombian, Nairo Quintana, and doping suspicions that are Lance Armstrong's poisonous legacy to cycling, were over.

"The Maillot Jaune is special, very special," Froome said, using the yellow jersey's French name.

"I understand its history, good and bad," he said. "I will always respect it."

The Tour is still French. But British riders have won three of the last four: Bradley Wiggins in 2012 and now two for Froome, following his first win in 2013. That puts Britain equal with the United States, with three from Greg LeMond — and minus seven stripped from Armstrong.

Under suitably British weather, on rain-slickened roads, Froome took it easy on the last Stage 21, his work done having grimly resisted Quintana's late assault on his hard-won Tour lead the previous day on the final Alpine ascent.

The tired 160 riders — of 198 who started — didn't bother racing for much of the largely flat 110-kilometre ramble from Sevres, in the French capital's southwest.

To minimize risk of crashes, Tour organizers stopped the clock early, on the first of 10 laps up and down the Champs-Elysées' cobblestones.

That locked in Froome's lead to guarantee victory. He smiled broadly as he pedalled past flag-waving spectators. He still had to ride the laps to complete the full race distance of 3,354 kilometres (2,084 miles).

But knowing the title was his, he didn't have to panic when a paper bag got stuck in his back wheel. He simply stopped and changed bikes. He also had time to raise a glass of Champagne in the saddle and stop to put on a raincoat under the iconic yellow jersey. THE ASSOCIATED PRESS

GOLD CUP

Mexico silences the Reggae Boyz

Andres Guardado scored his fourth goal of the knockout rounds, not needing a penalty kick this time, and Mexico won its seventh CONCACAF Gold Cup title Sunday with a 3-1 victory over upstart Jamaica.

Jesus Corona and Oribe Peralta added goals as El Tri scored twice early in the second half to ensure the match wouldn't come down to any calls or contentious moments as in their previous two games.

THE ASSOCIATED PRESS

Mexico's Andres Guardado, left, and Jamaica's Je-Vaughn Watson vie for the ball on Sunday in Philadelphia. DON EMMERT/AFP/GETTY IMAGES

IN BRIEF

Villa's NYCFC overcomes Larin's hat trick for Orlando

David Villa scored two goals to help New York City FC overcome a hat trick by Brampton native Cyle Larin and beat Orlando City 5-3 on Sunday.

Villa's second goal broke a 2-2 tie in the 67th minute, Thomas MacNamara added another in the 71st and NYCFC led the rest of the way. Larin's final goal pulled Orlando City to 4-3 in the 85th, but Mix Diskerud restored the two-goal advantage. THE ASSOCIATED PRESS

FORMULA ONE

Misery for Mercedes at the Hungarian GP

The crushing dominance of the Mercedes Silver Arrows came to an abrupt halt at the Hungarian Grand Prix on Sunday, the first time since the final race of the 2013 season without either Lewis Hamilton or Nico Rosberg on the podium.

Mercedes entered it looking odds-on to have both of its drivers on the podium for the 10th straight race this season.

Instead, Hamilton finished sixth and Rosberg was eighth.

The end result was that, instead of heading into the summer break with Rosberg level-pegging, Hamilton moved 21 points clear ahead of the next race at the Belgian GP. THE ASSOCIATED PRESS

> **I really don't have any words to describe what happened.**
> Lewis Hamilton

Jays tripped up in Seattle

Franklin Gutierrez gets a Gatorade shower after hitting a walk-off home run against the Jays on Sunday in Seattle. THE ASSOCIATED PRESS

MLB

Gutierrez's walk-off in extras finishes Bluebirds

Franklin Gutierrez delivered the biggest hit yet of his comeback with the Seattle Mariners.

Gutierrez, who missed all of last season with an arthritic condition in his back, homered with one out in the bottom of the 10th inning Sunday to give Seattle a 6-5 victory over the Toronto Blue Jays, a game the Mariners kept close with the aid of a triple play.

SUNDAY In Seattle

6	5
MARINERS	BLUE JAYS

He jumped on an 0-2 pitch from Aaron Loup (2-5) and drove it over the wall in left-centre for his third homer.

"I had two strikes at that moment and, obviously, you have to try to put the ball in play. I was ready for anything," said Gutierrez, who was called up June 24 after spending the first 48 games with Triple-A Tacoma. "He threw a fastball right there, put a good swing on it and it went out."

It was the second huge home run in a week for Gutierrez, who hit a pinch-hit grand slam Tuesday at Detroit to help the Mariners rally for an 11-9 victory.

With Toronto leading 4-3, the Mariners turned a triple play in the fourth inning. Ezequiel Carrera drew a leadoff walk and moved to third on Kevin Pillar's single. Ryan Goins bounced out to first and Pillar was hung up between first and second, and Carrera stuck between third and home. Both runners ended up at third base and each was tagged out by catcher Mike Zunino.

THE ASSOCIATED PRESS

ROYALS GET THEIR MAN

The Kansas City Royals acquired Johnny Cueto in a trade with Cincinnati on Sunday, sending three prospects to the Reds for an ace for the front of their beleaguered rotation.

Kansas City has the best record in the AL in the year after losing to San Francisco in Game 7 of the World Series. But Yordano Ventura has underperformed this year and Jason Vargas will miss the rest of the season after he injured his elbow last week — increasing the need for pitching help.

Johnny Cueto

GETTY IMAGES

"I'm excited about my next chapter

Johnny Cueto, who won 20 games last season and is 7-6 with a 2.62 ERA in 19 starts this year.

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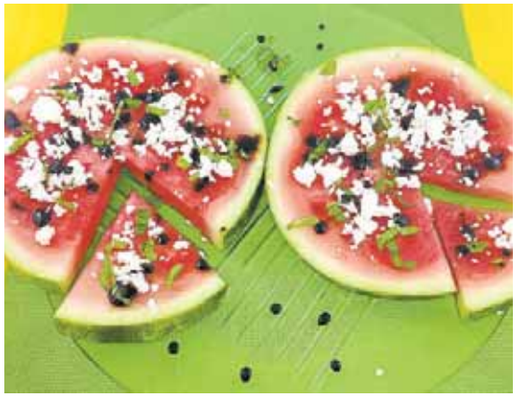

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Great presentation for a dessert or appetizer. If the balsamic vinaigrette gets too thick, add more maple syrup and heat gently. Be sure to pour the vinaigrette over the melon just before serving.

Makes 8 wedges.

Ready in
Prep time: 10 minutes

Ingredients
- 2 horizontal slice round slices of watermelon (1-inch thick)
- 1 1/2 oz crumbled feta cheese
- 3 Tbsp chopped mint or basil
- Balsamic Vinaigrette
- 1/3 cup balsamic vinegar
- 1 Tbsp maple syrup

Directions
1. Place watermelon rounds on large serving plate. Sprinkle with feta and mint.

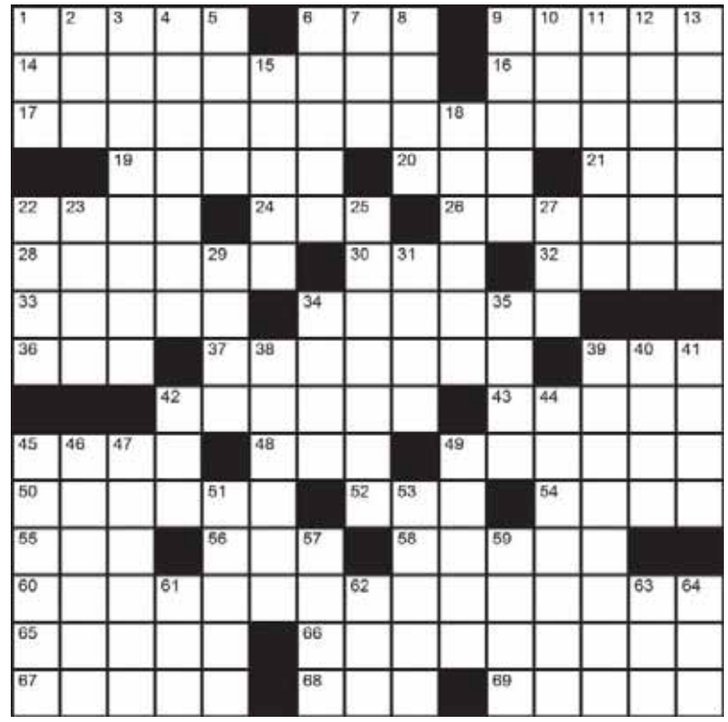
2. In a small skillet, add vinegar and maple syrup and cook on a high heat for one to two minutes until entire surface is bubbly. Drizzle over melon. Cut into wedges.

Nutrition per serving
- Calories 30
- Protein 1 g
- Carbohydrates 3 g
- Fibre 0 g
- Total fat 1 g
- Saturated fat 1 g
- Cholesterol 3 mg
- Sodium 60 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "_ Work It Out" by The Beatles: 2 wds.
6. Fella
9. _ Trinket, Elizabeth Banks' role in 'Hunger Games' movies
14. Favourable
16. Holds on property
17. Nova Scotia: Aqua occupation for a Dalhousie University graduate, perhaps: 2 wds.
19. Of the nose
20. Piquancy
21. Fifth music note, variantly
22. Poetic foot
24. Las Vegas state, for short
26. In fine _ (Healthy/fit)
28. Gets burned in the kitchen
30. Hard water
32. Observer
33. Thing that measures, say
34. Ukulele wood
36. Keats specialty
37. Bid-placing event
39. 'Motor' suffix
42. Constricting snake
43. Bus station
45. Slightly unshut
48. "The Star-Spangled Banner" contraction
49. Cheerleader's prop
50. Handwasher's peeve: 2 wds.
52. Not nay
54. _ Skye, singer Donovan's actress daughter
55. Caesar's 551
56. The Company org.
58. Fanatic sects
60. Interest for a Parliament Hill journalist: 2 wds.
65. Quaintly bless with oil
66. Driving length (Based-in-Winnipeg international financial services holding company)
22. It _ _ hot in here = Turn on the air conditioner
23. _-tongued
25. Triumph
27. Salada product
29. Sturdy horse cart
31. Abel's brother
34. Tooth complaint
35. Language family, _-European
38. Perfect place
39. Face-to-face
40. Diving bird
41. Betty Grable movie, "When My Baby Smiles _ _" (1948)
42. What the amateur turned
44. Sender of signals, say
45. Near _ _ (Spread out)
46. Dolly Parton song title lady
47. Lines spoken directly to theatre audiences
49. Brazil's Sao _
51. Like the cottage-owner's expansive lands
53. School, in Sherbrooke
57. _-Seltzer
59. Droopy
61. "Shine a Little Love" gr.
62. Photos, fun-style
63. Debit opps.
64. The Outsiders author Ms. Hinton's

DOWN
1. Typing stat.
2. Cenozoic, for one
3. Ears! Husks! Kernels! in Canada
67. Lay grassy rolls again
68. Timber! tool
69. De-crease

Edmonton _ _ (Agri-attraction in Spruce Grove, Alberta with the slogan 'Get Lost')
4. Good-humoured
5. Writer Anais'
6. Religious book
7. Single
8. Weed _ _ (Gardening brand)
9. Get hitched in Vegas
10. _ Newtons
11. Spunky
12. Footwear accessory
13. Swimmer/actress Ms. Williams
15. Mr. Penn's
18. Great-West _ Inc.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There are so many offers to choose from and they all sound so good you may find it hard to decide. Once you have made your selection, stick with it. The less you flip flop the more you will get done.

Taurus April 21 - May 21
Good fortune is heading your way and family and finances are especially well-starred. Everyone will marvel at your ability to get things done with the least amount of effort.

Gemini May 22 - June 21
You must watch what you say. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person you could make an enemy.

Cancer June 22 - July 23
You are the type who demands perfection of yourself, but the current cosmic set-up is urging you to be less driven and to see that you don't have to be the best at everything.

Leo July 24 - Aug. 23
Now is the time to give form to a dream you've had in the back of your mind for many years. It might seem outrageous to some but the planets indicate it will come true.

Virgo Aug. 24 - Sept. 23
You need to get serious about your long-term ambitions. Some kind of breakthrough is imminent, but don't just sit there waiting for it to happen — get out into the world and make it happen.

Libra Sept. 24 - Oct. 23
If there's something you've wanted to do for years but have never got around to, now is the time to get your act together and show the world you mean business.

Scorpio Oct. 24 - Nov. 22
If you trust your instincts and follow your hunches you can achieve great things over the next few days. Creative activities are especially well-starred.

Sagittarius Nov. 23 - Dec. 21
Recent weeks may not have been easy but what happens this week will convince you that a corner has been turned. If you trust fate to guide you it won't be long before you find true happiness.

Capricorn Dec. 22 - Jan. 20
This is no time for regret or remorse. You cannot change what's already happened, you can only learn from it and do a better job next time. Always look forward, never back.

Aquarius Jan. 21 - Feb. 19
What goes right today will be wonderful and what goes wrong won't hurt you in the slightest. You will know instinctively if a gamble is worth taking — and most will be.

Pisces
Feb. 20 - March 20
Decide what you want to do, then do it. Yes, some people will kick up a fuss but what can they actually do to stop you? It's your life and it's up to you what you do with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	5			6		8		
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	8			4		1		2
	7		4				5	
8		5				2		3
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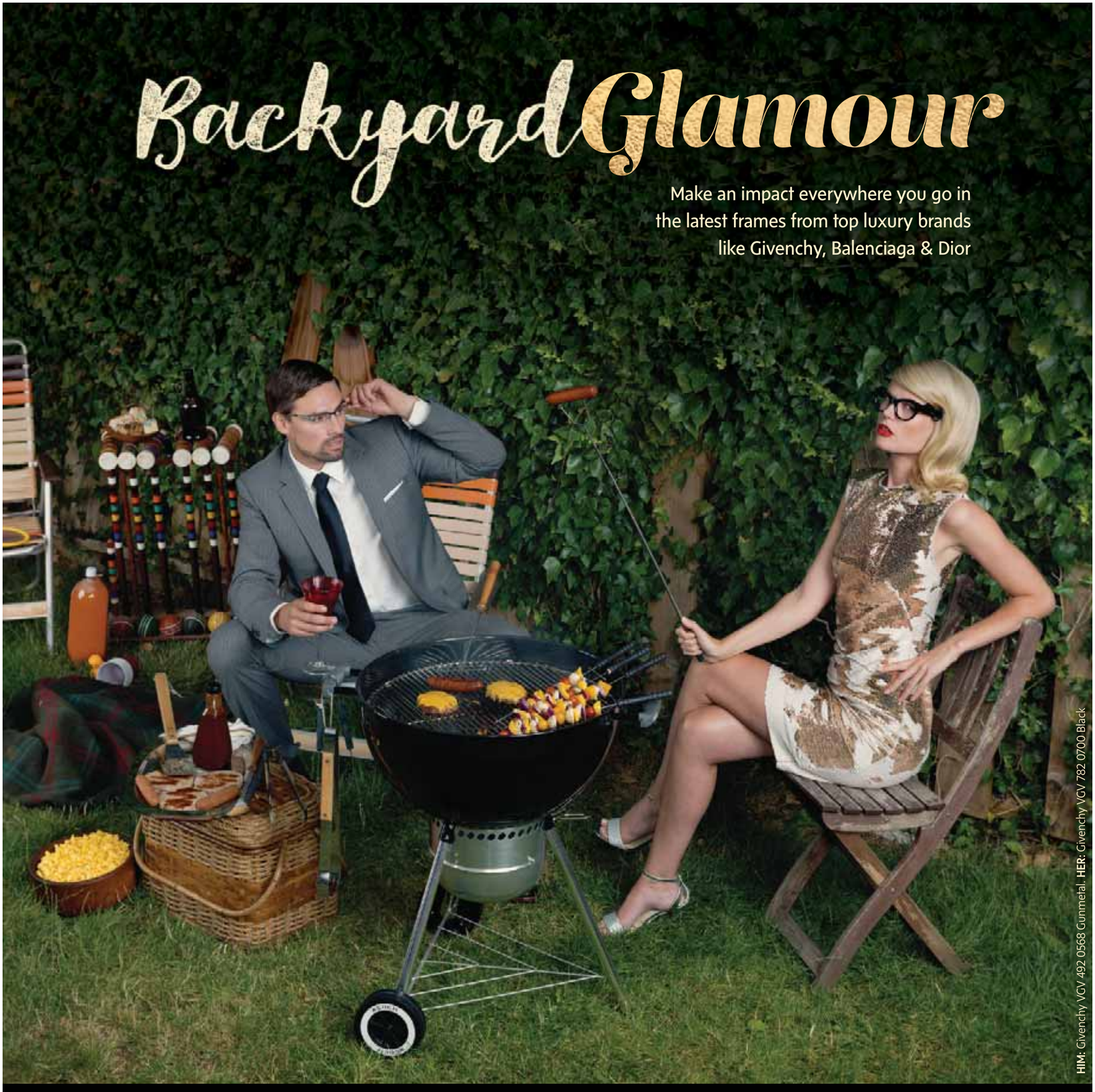
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